

**APPROVED**  
BY THE CITY COUNCIL

**FEB 16 1999**

OFFICE OF THE  
CITY CLERK



1.6

NEIGHBORHOODS, PLANNING  
AND DEVELOPMENT SERVICES  
DEPARTMENT

CITY OF SACRAMENTO  
CALIFORNIA

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SACRAMENTO, CA  
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OFFICE OF HUMAN SERVICES

February 3, 1999

City Council  
Sacramento, California

Honorable Members In Session:

**SUBJECT**  
VARIOUS GRANTS - OLDER ADULT SERVICES

**LOCATION**  
City-Wide

**RECOMMENDATION**

It is recommended that the City Council adopt the attached resolution authorizing the Older Adult Services section of the Neighborhoods, Planning and Development Services Department to accept the following grants: 1) Active Aging and 2) Alzheimer's Day Care Resource Center and to amend the 1998-1999 Fiscal Year Budget.

**CONTACT**

Alan Boyd, Superintendent, Office of Human Services, 277-6077  
Rosanne Bernardy, Older Adult Services, 277-6007

**FOR COUNCIL MEETING OF**  
February 16, 1999

**SUMMARY:**

This report provides information on two grants being awarded to the Older Adult Services section of the Neighborhoods, Planning and Development Services Department. The Active Aging grant will be used to develop a program which encourages older adults to become more physically active. The second grant accompanies the designation of the Triple "R" Program as an official Alzheimer's Day Care Resource Center by the State of California.

## **COMMITTEE ACTION**

Not applicable.

## **BACKGROUND**

### Active Aging Grant

An Active Aging grant has been awarded to the Older Adult Services section in a statewide competitive process conducted by the California Department of Health Services in collaboration with University of California, San Francisco. The \$15,000 award will be used to work with 200 or more Sacramentans age 50+ who currently have sedentary lifestyles. The project goal is to encourage participants to meet the Surgeon General's recommendation to accumulate 30 minutes or more of at least moderate intensity physical activity 5 or more days per week. Individualized exercise plans will be developed for each participant, and trained volunteers will be matched with each participant to provide encouragement and motivation to continue with their programs over the 18-month project. In addition, training sessions on exercise and its benefits, nutrition, and other aspects of healthy lifestyles will be conducted throughout the community.

The Active Aging Project will be incorporated into the Older Adult Services section's 50+ Wellness Program which promotes healthy lifestyle habits and overall good health throughout the aging process. The 50+ Wellness Program is based on a prevention rather than a treatment philosophy which emphasizes staying well instead of on trying to treat ailments after one's health has deteriorated.

### Alzheimer's Day Care Resource Center Grant

The Alzheimer's Day Care Resource Center (ADCRC) Program was initially established by the California Legislature in 1984 as a pilot project and is currently in operation in 36 service areas throughout the state. Sacramento County was added as an area eligible for funding beginning with the 1999-2002 funding cycle. The state grant is administered locally by Area 4 Agency on Aging. It is anticipated that the Triple "R" Adult Day Program will be awarded a grant designating it as the ADCRC for Sacramento County at the February 12 meeting of the Area 4 Agency on Aging Board of Directors. The \$43,330 grant for the March 1 - June 30, 1999 funding period is renewable at \$80,000 annually for the subsequent three years.

The Triple "R" Adult Day Program has been operated by the Neighborhoods, Planning and Development Services Department at Hart Senior Center since 1992. This fee-based service has grown from a twice monthly program staffed by volunteers to a 5-day-a-week program with City staff serving Sacramento residents with dementia and their families. In addition to enrichment activities and care for 60 enrollees provided 10 hours a day, family caregivers benefit from participating in support groups and receive individual counseling to help them cope

with the demands of caring for a spouse or parent with Alzheimer's Disease. Some caregivers simply take a break and run errands while their loved one attends the program, while others are able to continue with a job which they might otherwise have needed to quit in order to care for their family member. A visit to the Triple "R" by Vice President Al Gore and his wife Tipper last month highlighted the program as the type of service which would ideally be used by recipients of the \$1,000 caregiver tax break recently proposed by President Clinton.

The Triple "R" will be opening two south area locations by the spring, and plans are currently being formulated to expand within the next 6 months to a north area location. Each of these new locations will begin with a one day a week operation.

The grant which accompanies the designation of the Triple "R" as Sacramento's ADCRC will fund some of the operational costs, thereby enabling the program to discount fees for additional low income families. A portion of the grant will be used to establish an extensive resource library on Alzheimer's Disease for use throughout the community. In addition, the funding of outreach and educational sessions will contribute to local awareness and understanding of dementia.

## **FINANCIAL CONSIDERATIONS**

### Active Aging Grant

The \$15,000 grant will be matched by an equal in-kind contribution by the Older Adult Services section. No new City funds will be used by the project.

### Alzheimer's Day Care Resource Center

It is anticipated that a total of \$283,440 will be received in grant funds from Area 4 Agency on Aging for this project for the March 1999 - June 2002 funding period. All additional costs of operating the Triple "R" program are covered by fees charged to its participants, donations to the program and scholarships from local cooperating agencies.

Neither grant will require any additional staff as the grants pay for resource and informational materials or to supplement on-going operations thru participant subsidies.

## **ENVIRONMENTAL CONSIDERATIONS**

Not applicable.

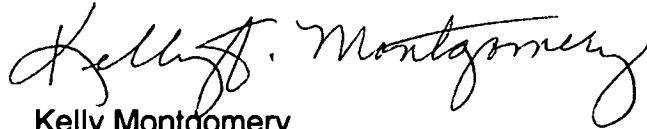
## **POLICY CONSIDERATIONS**

This program is consistent with the City Council's goal of being responsive to neighborhood needs.

**MBE/WBE EFFORTS**

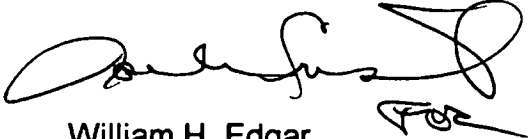
Not applicable.

Respectfully submitted,



Kelly Montgomery  
Director, Area 4

**RECOMMENDATION APPROVED:**



William H. Edgar  
City Manager

attachments

# RESOLUTION NO.

ADOPTED BY THE SACRAMENTO CITY COUNCIL

ON DATE OF \_\_\_\_\_

## RESOLUTION AUTHORIZING VARIOUS MATTERS RELATED TO GRANTS FOR OLDER ADULT SERVICES

BE IT RESOLVED BY THE COUNCIL OF THE CITY OF SACRAMENTO THAT:

1. The City Manager is hereby authorized to accept grants from the State of California (Active Aging) and the Area 4 Agency on Aging (Alzheimer's Day Care Resource Center) on behalf of the Older Adult Services Section of the Neighborhoods, Planning and Development Services Department.
2. The FY 1998-1999 Budget of the Neighborhoods, Planning and Development Services Department is hereby amended to reflect the operation of these two programs follows:

**A. ACTIVE AGING**

Expenditures

250-OGR-xxxx-4204	\$ 2,500.
250-OGR-xxxx-4205	350.
250-OGR-xxxx-4258	9,500.
250-OGR-xxxx-4403	450.
250-OGR-xxxx-4411	1,500.
250-OGR-xxxx-4451	700.

Revenues

250-OGR-xxxx-3511	15,000
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**B. ALZHEIMER'S DAY CARE RESOURCE CENTER**

Expenditures

250-OGR-xxxx-4204	\$ 6,110.
250-OGR-xxxx-4213	7,400.
250-OGR-xxxx-4258	27,050.

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RESOLUTION NO: \_\_\_\_\_

DATE ADOPTED: \_\_\_\_\_

Expenditures (Cont.)

250-OGR-xxxx-4272	9,200.
250-OGR-xxxx-4399	223,400.
250-OGR-xxxx-4453	5,250.
250-OGR-xxxx-4462	5,030.

Revenues

250-OGR-xxxx-3513	283,440.
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MAYOR

ATTEST:

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CITY CLERK

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FOR CITY CLERK USE ONLY

RESOLUTION NO.: \_\_\_\_\_

DATE ADOPTED: \_\_\_\_\_



APPROVED  
BY THE CITY COUNCIL

FEB 16 1999

OFFICE OF THE  
CITY CLERK

RESOLUTION NO. 99-058

ADOPTED BY THE SACRAMENTO CITY COUNCIL

ON DATE OF \_\_\_\_\_

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MATTERS RELATED TO GRANTS FOR OLDER ADULT SERVICES

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250-OGR-xxxx-4258	9,500.
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Revenues

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ALZHEIMER'S DAY CARE RESOURCE CENTER

Expenditures

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MAYOR

ATTEST:

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CITY CLERK

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